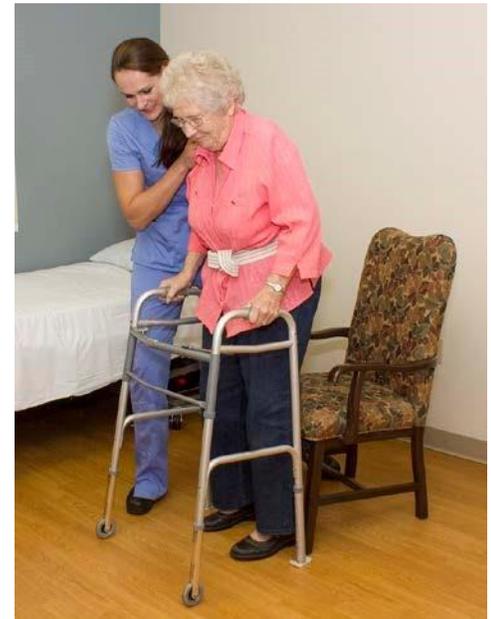


When a resident utilizes a walker, it should be placed directly in front of him or her with enough clearance to lean forward and stand up without the walker getting in the way. The resident should be instructed to never pull on the walker to stand up and to only grasp the walker once standing.

When helping the resident to stand, ensure that both you and the resident are in the safest ideal positions.

- This means the resident:
  - Is seated at the edge of the chair.
  - Has his/her feet behind his/her knees.
  - Aligns his/her nose over his/her toes.
  - Uses hands to push off the armrests or other surface.
- The caregiver should:
  - Stand to the side of the resident, toward the front of the chair, with a wide base of support and using a power stance.
  - Put one hand on the gait belt with palm up and the other hand on the resident's shoulder.
  - Make sure the resident doesn't use the walker to pull himself/herself up.
  - Rock to a three count and on the count of three guide the resident to a standing position by gently pushing on their lower back.



### Tips/Reminders

- Never lift using a gait belt.
- Ensure the resident is able to bear weight.
- Be sure the resident is scooted forward with nose over their toes.
- Use the power stance.
- Gently guide the resident to a standing position.